



news from the
alexandria
community services board

January 2005

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Dedication of the New Award Winning Clubhouse

Over 200 people attended the Dec. 7 ceremony dedicating the City's new building located at 4480 King Street. The site houses the Alexandria Health Department and the CSB's Clubhouse treatment program for persons living with mental illness. These are the first City government programs to be located in the West-end of Alexandria.

The interior of the six story mirrored building was redesigned and renovated by **Architecture Inc.** and **Turner Construction**. The project was managed by **Jeremy McPike** from the City of Alexandria's General Services. The team received the **Award of Merit for Interiors in a Public Space** from the National Association of Industrial and Office Properties.

City officials, Clubhouse members and community residents are in awe of the space. City Manager Phil Sunderland described the building interior as warm and happy, and Mayor Euille, who recalled childhood trips to the Health Department, was pleased that it no longer smelled like an old health department. CSB Executive Director Michael Gilmore had this to say- "Wow!"



*City Manager
Phil Sunderland (front)
and
Mayor William D. Euille.*



*Betty Livingston, Chair of Friends of
the Mental Health Center and Michael
Gilmore, CSB Executive Director.*

Hypothermia Shelter

During the winter months the Hypothermia Shelter Overflow Program goes into effect in Alexandria. This program provides a warm place for the homeless in

Alexandria to eat and rest. The decision to open Overflow is based on the nightly forecast. If the temperature will be in the mid-40's or below, or if the temperature is slightly higher, but it is wet or rainy, Overflow will occur from 7 pm to 7 am. Generally, beginning in December, it is consistently cold enough to have Overflow every night.

The Carpenter's Shelter on North Henry Street has two shelters that receive single men (up to 26 men) and families. If this shelter overflows, churches are utilized for up to 48 more men. The Alexandria Community Shelter on Mill

Road receives up to 12 women, but has never been full. The shelters do not require referrals; people can just show up. Donations needed include toiletries and winter coats. For more information about the Hypothermia Program, call the Carpenter's Shelter at 703.548.7500.!

From Darkness to Light

Dana Payne, a CSB Board member and a consumer of mental health services, created this fiber art quilt in honor of the work of Extended

Care Division Director, Carol Layer, LCSW, and the staff at the CSB's Clubhouse. The fiber art design is symbolic of the process of recovery, showing movement from darkness and despair, to light and hope.!



Outstanding CSB Employees Receive Awards

Each year the CSB recognizes individual employees and teams of employees whose quality of work and dedication have been extraordinary during the previous fiscal year. Nominations are submitted by CSB staff and reviewed for selection by a committee that includes Board members and CSB consumers. Winners receive a plaque and a monetary award. The CSB salutes these award recipients and our many other outstanding employees.

Individuals

*Randy Arnold
Martha Boyer
Delores Brooks
Phil Caldwell
Darlene Cannaday
Judy Carter
Sorin Cetina
James Clark
Jennifer Cohen Cordero*

*Vinod Dilawari
Angela Gordon
Randy Gross
Omayra Hunt
Avis Hunter
Sylvia McCullar
Margaret Odigwe
Godwin Okafor
Renee Rinaldi*

*Talia Saez
Carey Shaw
Suman Sood
Michelle Stevens
Wiley Timmons
Tracy Underhill
Dawnel White
Anne Zalewski*



Groups

**Taylor Run
Group Home**
*Rick Brown
Victoria Comsa
Ajara Conteh
Lavonda Dodson
Zona Dozier
Sherry Dray-Hoover*

Detox Unit
*Beverly Cooper
Deborah Gibson
Ubox Hussen
Mike Jacobs
Percy Mitchell
Eileen Perrella
Michael Pryor
Shawn Wilkins
Cecilia Wisdom*

**Preschool
Prevention Team
Therapist IIIs**
*Arika Benedict
Lib Gillam*

Left to Right: Percy Mitchell, Detox; Sherry Dray-Hoover, Taylor Run Group Home and home resident; Tracy Underhill, Substance Abuse Outpatient and husband; Phill Bradbury, CSB Chair and Sorin Cetina, Management Information Systems; Angela Gordon, Administration and her family; Brennan Gilmore, son of Mike Gilmore, Executive Director with the daughter of Phil Caldwell, Mental Retardation Case Management and Finnie Caldwell, Substance Abuse Outpatient.

SAARA Adopts a Family; Donations Needed

The Substance Abuse and Recovery Alliance (SAARA) is a group of individuals in recovery from alcohol and drug addiction. Their mission is to celebrate, support and advocate for resources and services for the prevention of and recovery from substance abuse.



Lionel Ward, a cook in the CSB's Detox kitchen, is a member of the Alexandria Chapter of SAARA. Over the holidays the group adopted a mother in recovery with two small children, and purchased for them clothing and educational toys. SAARA is starting a clothing closet to donate clothes (new or in good condition) to persons who enter into substance abuse treatment. For more information about SAARA, or to donate clothing, please contact Lionel Ward at 703.838.4525.†

FOCUS

Families Organized in the Community for Understanding and Support (FOCUS) is a support group for family members and significant others of persons with mental illness. The group has been in existence for over 20 years with some members who have participated for as many as 10 years. FOCUS is primarily comprised of parents of adult children with mental illness, but there are also spouses and siblings who attend. The group is co-sponsored by the Alliance for the Mentally Ill, along with a CSB staff supported position. Mutual support, education and available treatments, as well as advocacy for persons with mental illness, are the primary purposes of the group. FOCUS is an open group and consumers of mental health services are welcomed.

FOCUS meets the second Wednesday of each month from 7:30-9:30 pm. Meetings are held at the West End Club located at 4480 King Street, Sixth Floor, in Alexandria. For more information contact Carlin Brodie at 703. 838.4706 x 174.†

Mental Health Treatment Works: One Person's Story

When Toni Popkin came to the CSB four years ago, she was plagued by depression, anxiety and thoughts of hurting herself. She had been hospitalized 12 times. Toni lost all of her belongings in an apartment fire due to an exploding furnace. She had no insurance and a jury was unable to award her compensation because the evidence, a faulty valve on the furnace, was destroyed in the fire. "After that, I was afraid to turn on gas heat, afraid to cook, afraid of candles and fireplaces." A licensed optician for over 20 years, Toni was no longer able to work due to her symptoms. She could not afford private care so she came to the CSB.

"My treatment team continually kept my sense of hope alive, encouraging me through every step of the process...supporting me during both good and bad times. Dialectical Behavior Therapy made a big difference in my life. I learned not to overreact, how

to change my thoughts, and how to keep from hurting myself. I went from spells of depression that lasted weeks, to spells that lasted only hours, and I learned how to ask for help."

Toni has not been hospitalized for two years. Grateful and inspired by the services she received, Toni has completed the Virginia Human Services Training program and is employed by Psychiatric Rehabilitation Services in Fairfax. "I hadn't worked for three years. Now, I enjoy giving hope to others that things can improve. I focus on patients' strengths instead of their weaknesses and symptoms. That was what was done for me at the CSB, and now I'm modeling the approach."





Alexandria Community
Services Board
720 North Saint Asaph Street
Alexandria, VA 22314

What is the Alexandria CSB?

The Alexandria Community Services Board is a group of 16 citizen volunteers appointed by the City Council. The Board oversees the City's publicly funded services for Alexandrians with mental illness, mental retardation or a substance abuse problem. Board policies, programs and plans are implemented and managed through the City's Department of Mental Health, Mental Retardation and Substance Abuse. Board meetings are open to the public. The Board meets on the first Thursday of every month except August. Please call 703.838.4455 in advance to sign up. Accommodations will be made for persons with a disability.!

To make comments, suggestions of story ideas or contributions, please contact Jennifer Cohen Cordero at 703.838.4455, x165.

Self Care Group for Persons Living with HIV

Starting in January 2005, CSB therapists will offer a support group for persons with HIV or AIDS. Participants will learn coping and self-care skills and will discuss topics such as emotional problems, drugs and alcohol, the impact of HIV on one's life, and relationships with partners, children and families. The group will meet on Mondays from 3:30-4:30 pm at 2355-A Mill Road. For more information please call Laurie Ferreri at 703.838.4525.!

In the next issue- a local interior designer and her design firm volunteer their services to remodel the basement of New Hope, a CSB group home.